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ABSTRACT

A survey was conducted investigating the health habits and attitudes of 18,000 K-12 students enrolled in Kansas public schools. This document presents results of the study in tabular form. Information is provided on responses to questions dealing with: (1) stress management; (2) nutrition; (3) use of alcohol; (4) safety; (5) smoking; and (6) physical activity. Tables present numbers and percentages of responses by males and females on selected questions in each of these areas. (JD)

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STUDY OF
HEALTH BEHAVIORS OF KANSAS STUDENTS

September-December, 1983

GRADES K-12

STATE RESULTS

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SP 026 741

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STUDY OF HEALTH BEHAVIORS OF KANSAS STUDENTS

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A STATEMENT FROM THE STUDY DIRECTOR:

I am delighted to share with the public the descriptive results of the Health Behavior Study of Kansas students. Being the first of it's kind ever conducted in the United States, this study represents the health behaviors of over 18,000 students (K-12) enrolled in Kansas public schools.

This study could not have been made possible without the participation of 30 randomly selected school districts located throughout the state of Kansas. In addition, I wish to thank the following organizations for funding and support for this study: Kansas Association For Health, Physical Education, Recreation and Dance; Kansas Department of Health and Environment; American Cancer Society--Kansas Division; Kansas Association For School Health; and the Division of Health, Physical Education, Recreation and Athletics at Emporia State University. Without their interest in this project, the magnitude of this study could not be realized.

It is hoped that the results of this study will have a significant impact on the future development of health education programs and curriculums in Kansas schools.

Darrel Lang
October, 1984

STRESS MANAGEMENT

K-3

1. Does it take you a long time to fall asleep at night?

	#	%		#	%		
Males							
Yes	1775	64	No	966	35	NR	12
Females							
Yes	1450	61	No	926	38	NR	13
Total							
Yes	3225	63	No	1892	36	NR	25

2. Do you often bite your fingernails?

	#	%		#	%		
Males							
Yes	852	31	No	1886	69	NR	15
Females							
Yes	818	34	No	1553	65	NR	18
Total							
Yes	1670	32	No	3439	67	NR	33

3. Do you often worry about doing badly in school?

	#	%		#	%		
Males							
Yes	1308	47	No	1437	52	NR	8
Females							
Yes	1182	49	No	1192	50	NR	15
Total							
Yes	2490	48	No	2629	51	NR	23

4. Do you often get angry and yell?

	#	%		#	%		
Males							
Yes	1156	42	No	1582	57	NR	15
Females							
Yes	914	38	No	1458	61	NR	17
Total							
Yes	2070	40	No	3040	59	NR	32

NUTRITION

K-3

1. Do you eat a meal or breakfast every morning?

	#	%		#	%		
Males							
Yes	2318	84	No	426	15	NR	9
Females							
Yes	2027	85	No	348	14	NR	14
Total							
Yes	4345	84	No	774	15	NR	23

2. Do you eat fruits or vegetables most days?

	#	%		#	%		
Males							
Yes	1900	69	No	838	30	NR	15
Females							
Yes	1797	75	No	576	24	NR	16
Total							
Yes	3697	72	No	1414	27	NR	31

3. Do you usually put salt on your food?

	#	%		#	%		
Males							
Yes	930	34	No	1810	65	NR	13
Females							
Yes	626	26	No	1752	73	NR	11
Total							
Yes	1556	30	No	3562	69	NR	24

4. Do you eat cake, cookies, pie, candy, or other sweets every day?

	#	%		#	%		
Males							
Yes	878	32	No	1859	67	NR	16
Females							
Yes	661	28	No	1711	71	NR	17
Total							
Yes	1539	30	No	3570	69	NR	33

ALCOHOL

K-3

1. Would you use someone else's medicine without asking your parents first?

	#	%		#	%		
Males							
Yes	165	6	No	2579	93	NR	9
Females							
Yes	105	4	No	2279	95	NR	5
Total							
Yes	270	5	No	4858	94	NR	14

2. Would you take candy from a stranger without your parent's permission?

	#	%		#	%		
Males							
Yes	59	2	No	2688	97	NR	6
Females							
Yes	30	1	No	2351	98	NR	8
Total							
Yes	89	2	No	5039	97	NR	14

3. When you see other people drink beer, wine, or alcohol, do you also want to take a drink of that beer, wine or alcohol?

	#	%		#	%		
Males							
Yes	281	10	No	2464	89	NR	8
Females							
Yes	140	6	No	2239	93	NR	10
Total							
Yes	421	8	No	4703	91	NR	18

4. Does drinking beer, wine or alcohol make you look grown-up?

	#	%		#	%		
Males							
Yes	243	9	No	2505	90	NR	5
Females							
Yes	264	11	No	2115	88	NR	10
Total							
Yes	507	10	No	4620	89	NR	15

5. Do you sometimes take medicine without asking a grown-up?

	#	%		#	%		
Males							
Yes	185	7	No	2562	92	NR	6
Females							
Yes	123	5	No	2257	94	NR	9
Total							
Yes	308	6	No	4819	93	NR	15

SAFETY

K-3

1. Do you usually wear a seat belt when you ride in a car?

	#	%		#	%		
Males							
Yes	1491	54	No	1248	45	NR	14
Females							
Yes	1412	59	No	961	40	NR	16
Total							
Yes	2903	56	No	2209	43	NR	30

2. Do you usually stop, look both ways, and listen before you cross the street?

	#	%		#	%		
Males							
Yes	2577	94	No	165	5	NR	11
Females							
Yes	2293	96	No	83	3	NR	13
Total							
Yes	4870	95	No	248	4	NR	24

3. Do you sometimes light matches when grown-ups are not around?

	#	%		#	%		
Males							
Yes	202	7	No	2538	92	NR	13
Females							
Yes	92	4	No	2282	95	NR	15
Total							
Yes	294	6	No	4820	93	NR	28

4. Do you sometimes try things even when grown-ups say you might get hurt?

	#	%		#	%		
Males							
Yes	566	21	No	2176	78	NR	11
Females							
Yes	363	15	No	2011	84	NR	15
Total							
Yes	929	18	No	4187	81	NR	26

SMOKING

K-3

1. Does someone you care very much about smoke?

	#	%		#	%		
Males							
Yes	1810	66	No	928	33	NR	15
Females							
Yes	1636	68	No	742	31	NR	11
Total							
Yes	3446	67	No	1670	32	NR	26

2. Does smoking make you look grown-up?

	#	%		#	%		
Males							
Yes	199	7	No	2537	92	NR	17
Females							
Yes	216	9	No	2162	90	NR	11
Total							
Yes	415	8	No	4699	91	NR	28

3. Would it be easy for you to get a cigarette, cigar or pipe?

	#	%		#	%		
Males							
Yes	519	19	No	2223	80	NR	11
Females							
Yes	322	13	No	2050	86	NR	17
Total							
Yes	841	16	No	4273	83	NR	28

4. Can smoking hurt you?

	#	%		#	%		
Males							
Yes	2418	88	No	314	11	NR	21
Females							
Yes	2109	88	No	263	11	NR	17
Total							
Yes	4527	88	No	577	11	NR	38

PHYSICAL ACTIVITY

K-3

1. Do you play outdoors a lot?

	#	%		#	%		
Males							
Yes	2437	89	No	300	10	NR	16
Females							
Yes	1990	83	No	385	16	NR	14
Total							
Yes	4427	86	No	685	13	NR	30

2. Does your body move a lot when you play?

	#	%		#	%		
Males							
Yes	2547	93	No	192	6	NR	14
Females							
Yes	2170	91	No	207	9	NR	12
Total							
Yes	4717	92	No	399	7	NR	26

3. Do you often feel tired?

	#	%		#	%		
Males							
Yes	1465	53	No	1273	46	NR	15
Females							
Yes	1567	66	No	808	33	NR	14
Total							
Yes	3032	59	No	2081	40	NR	29

4. Does your body hurt when you run?

	#	%		#	%		
Males							
Yes	853	31	No	1883	68	NR	17
Females							
Yes	840	35	No	1539	64	NR	10
Total							
Yes	1693	33	No	3422	66	NR	27

5. Does your body hurt when you play or exercise?

	#	%		#	%		
Males							
Yes	786	29	No	1953	70	NR	14
Females							
Yes	908	38	No	1472	61	NR	9
Total							
Yes	1694	33	No	3425	66	NR	23

6. Do you like to climb things?

	#	%		#	%		
Males							
Yes	2360	86	No	376	13	NR	17
Females							
Yes	1736	73	No	636	26	NR	17
Total							
Yes	4096	80	No	1012	19	NR	34

STRESS MANAGEMENT

4 - 6

1. Do you bite your fingernails, chew on a pencil, or eat when nervous or upset?

	#	%		#	%		
Males							
Yes	1093	47.85	No	1190	52.10	NR	1
Females							
Yes	1307	59.57	No	887	40.43	NR	0
Total							
Yes	2400	53.60	No	2077	46.38	NR	1

2. Do you take time to relax everyday?

	#	%		#	%		
Males							
Yes	1675	73.34	No	608	26.62	NR	1
Females							
Yes	1719	78.35	No	475	21.65	NR	0
Total							
Yes	3394	75.79	No	1083	24.18	NR	1

3. At bedtime, do you fall asleep easily?

	#	%		#	%		
Males							
Yes	745	32.62	No	1538	67.34	NR	1
Females							
Yes	751	34.23	No	1443	65.77	NR	0
Total							
Yes	1496	33.41	No	2981	66.57	NR	1

4. If you awake up in the middle of the night, is it easy for you to fall asleep again?

	#	%		#	%		
Males							
Yes	1306	57.18	No	977	42.76	NR	1
Females							
Yes	1191	54.28	No	1003	45.72	NR	0
Total							
Yes	2497	55.76	No	1980	44.22	NR	1

5. Do you often feel tired (except after hard physical activity)?

	#	%		#	%		
Males							
Yes	918	40.19	No	1362	59.63	NR	4
Females							
Yes	1015	46.26	No	1179	53.74	NR	0
Total							
Yes	1933	43.17	No	2451	56.74	NR	4

6. Do you frequently hit or yell at someone when you get mad?

	#	%		#	%		
Males							
Yes	1492	65.32	No	789	34.54	NR	3
Females							
Yes	1325	60.39	No	865	39.43	NR	4
Total							
Yes	2817	62.91	No	1654	36.94	NR	7

7. Do you usually get a full nights sleep of about 7-9 hours?

	#	%		#	%		
Males							
Yes	1822	79.77	No	460	20.14	NR	2
Females							
Yes	1830	83.41	No	363	16.55	NR	1
Total							
Yes	3652	81.55	No	823	18.37	NR	3

8. Do you ask for help, rather than worrying about something you can't solve?

	#	%		#	%		
Males							
Yes	1807	79.12	No	471	20.62	NR	6
Females							
Yes	1745	79.54	No	447	20.37	NR	2
Total							
Yes	3552	79.32	No	918	20.50	NR	8

9. Do you try to avoid people who make you angry?

	#	%		#	%		
Males							
Yes	1743	76.31	No	540	23.64	NR	1
Females							
Yes	1829	83.36	No	364	16.59	NR	1
Total							
Yes	3572	79.77	No	904	20.19	NR	2

10. Do you generally do school work on time?

	#	%		#	%		
Males							
Yes	1914	83.80	No	368	16.11	NR	2
Females							
Yes	1910	87.06	No	281	12.81	NR	3
Total							
Yes	3824	85.40	No	649	14.49	NR	5

NUTRITION

4 - 6

1. Do you eat two or more servings of fruit or vegetables most days?

	#	%		#	%		
Males							
Yes	1535	67.21	No	747	32.71	NR	2
Females							
Yes	1489	67.87	No	704	32.09	NR	1
Total							
Yes	3024	67.53	No	1451	32.40	NR	3

2. Do you drink 1-5 glasses of soda pop, Kool Aide, Tang, or Hi-C a week?

	#	%		#	%		
Males							
Yes	1398	61.21	No	884	38.70	NR	2
Females							
Yes	1276	58.16	No	915	41.70	NR	3
Total							
Yes	2674	59.71	No	1799	40.17	NR	5

3. Do you drink 6 or more glasses of soda pop, Kool Aide, Tang, or Hi-C a week?

	#	%		#	%		
Males							
Yes	894	39.14	No	1388	60.77	NR	2
Females							
Yes	694	31.63	No	1500	68.37	NR	0
Total							
Yes	1588	35.46	No	2888	64.49	NR	2

4. Do you usually put salt on your food?

	#	%		#	%		
Males							
Yes	844	36.95	No	1435	62.83	NR	5
Females							
Yes	809	36.87	No	1383	63.04	NR	2
Total							
Yes	1653	36.91	No	2818	62.93	NR	7

5. Do you eat a meal or breakfast every morning?

	#	%		#	%		
Males							
Yes	1693	74.12	No	588	25.74	NR	3
Females							
Yes	1610	73.38	No	584	26.62	NR	0
Total							
Yes	3303	73.76	No	1172	26.17	NR	3

6. Do you eat fried foods like french fries, fried chicken, fried eggs, or hash browns daily?

	#	%		#	%		
Males							
Yes	889	38.92	No	1393	60.99	NR	2
Females							
Yes	832	37.92	No	1361	62.03	NR	1
Total							
Yes	1721	38.43	No	2754	61.50	NR	3

7. Do you drink at least 3 glasses of milk a day?

	#	%		#	%		
Males							
Yes	1157	50.66	No	1125	49.26	NR	2
Females							
Yes	1072	48.86	No	1122	51.14	NR	0
Total							
Yes	2229	49.78	No	2247	50.18	NR	2

8. Do you eat 3 meals most days?

	#	%		#	%		
Males							
Yes	1977	86.56	No	304	13.31	NR	3
Females							
Yes	1911	87.10	No	282	12.85	NR	1
Total							
Yes	3888	86.82	No	586	13.09	NR	4

ALCOHOL

4 - 6

1. When you see other people drink beer, wine or alcohol, do you also want to take a drink?

	#	%		#	%		
Males							
Yes	508	22.24	No	1775	77.71	NR	1
Females							
Yes	206	9.39	No	1988	90.61	NR	0
Total							
Yes	714	15.94	No	3763	84.03	NR	1

2. Would you take candy from a stranger without your parent's permission?

	#	%		#	%		
Males							
Yes	54	2.36	No	2229	97.59	NR	1
Females							
Yes	20	.91	No	2174	99.09	NR	0
Total							
Yes	74	1.65	No	4403	98.33	NR	1

3. If someone other than your parents offered you some beer, wine, or whiskey other than a taste or sip, would you drink it?

	#	%		#	%		
Males							
Yes	192	8.41	No	2091	91.55	NR	1
Females							
Yes	78	3.56	No	2116	96.44	NR	0
Total							
Yes	270	6.03	No	4207	93.95	NR	1

4. Do you drink 1-2 alcoholic beverages a week?

	#	%		#	%		
Males							
Yes	128	5.60	No	2156	94.40	NR	0
Females							
Yes	34	1.55	No	2160	98.45	NR	0
Total							
Yes	162	3.62	No	4316	96.38	NR	0

5. Do you drink 3-4 alcoholic beverages a week?

	#	%		#	%		
Males							
Yes	56	2.45	No	2228	97.55	NR	0
Females							
Yes	16	0.73	No	2178	99.27	NR	0
Total							
Yes	72	1.61	No	4406	98.39	NR	0

6. Do you drink 5 or more alcoholic beverages a week?

	#	%		#	%		
Males							
Yes	92	4.03	No	2192	95.97	NR	0
Females							
Yes	12	0.55	No	2180	99.36	NR	2
Total							
Yes	104	2.32	No	4372	97.63	NR	2

7. Have you ever been drunk?

	#	%		#	%		
Males							
Yes	388	16.99	No	1893	82.88	NR	3
Females							
Yes	123	5.61	No	2069	94.30	NR	2
Total							
Yes	511	11.41	No	3962	88.48	NR	5

SAFETY

4 - 6

1. Do you usually wear a seat belt when you ride in a car?

	#	%		#	%		
Males							
Yes	383	16.77	No	1900	83.19	NR	1
Females							
Yes	440	20.05	No	1753	79.90	NR	1
Total							
Yes	823	18.38	No	3653	81.58	NR	2

2. Do you always wear a life jacket while riding in a boat or canoe?

	#	%		#	%		
Males							
Yes	1591	69.66	No	689	30.17	NR	4
Females							
Yes	1779	81.08	No	404	18.41	NR	11
Total							
Yes	3370	75.26	No	1093	24.41	NR	15

3. Do you ever take pills or medicine without your parent's or doctor's permission?

	#	%		#	%		
Males							
Yes	182	7.97	No	2101	91.99	NR	1
Females							
Yes	133	6.06	No	2060	93.89	NR	1
Total							
Yes	315	7.03	No	4161	92.92	NR	2

4. Do you usually laugh or talk with food in your mouth?

	#	%		#	%		
Males							
Yes	965	42.25	No	1318	57.71	NR	1
Females							
Yes	690	31.45	No	1503	68.51	NR	1
Total							
Yes	1655	36.96	No	2821	63.00	NR	2

5. Do you usually cross the street at crosswalks?

	#	%		#	%		
Males							
Yes	1234	54.03	No	1049	45.93	NR	1
Females							
Yes	1618	73.75	No	572	26.07	NR	4
Total							
Yes	2852	63.69	No	1621	36.20	NR	5

6. Do you ride your bike on the correct side of the street?

	#	%		#	%		
Males							
Yes	1416	62.00	No	860	37.65	NR	8
Females							
Yes	1742	79.40	No	450	20.51	NR	2
Total							
Yes	3158	70.52	No	1310	29.25	NR	10

7. Do you usually run up or down stairs or in the hallways?

	#	%		#	%		
Males							
Yes	1522	66.64	No	762	33.36	NR	0
Females							
Yes	1312	59.80	No	880	40.11	NR	2
Total							
Yes	2834	63.29	No	1642	36.67	NR	2

8. When wet, do you ever touch anything electrical, other than a hair dryer?

	#	%		#	%		
Males							
Yes	311	13.62	No	1970	86.25	NR	3
Females							
Yes	185	8.43	No	2007	91.48	NR	2
Total							
Yes	496	11.08	No	3977	88.81	NR	5

SMOKING

4 - 6

1. Does someone you care very much about smoke?

	#	%		#	%		
Males							
Yes	1847	80.86	No	436	19.08	NR	1
Females							
Yes	1834	83.59	No	360	16.40	NR	0
Total							
Yes	3681	82.20	No	796	17.77	NR	1

2. Do any of your friends smoke tobacco cigarettes, cigars or pipes?

	#	%		#	%		
Males							
Yes	745	32.61	No	1539	67.38	NR	0
Females							
Yes	484	22.06	No	1708	77.84	NR	2
Total							
Yes	1229	27.44	No	3247	72.51	NR	2

3. Would you smoke a tobacco cigarette if a friend offered it to you?

	#	%		#	%		
Males							
Yes	105	4.59	No	2176	95.27	NR	3
Females							
Yes	38	1.73	No	2156	98.26	NR	0
Total							
Yes	143	3.19	No	4332	96.73	NR	3

4. Have you smoked any tobacco cigarettes, cigars or pipes within the last three months?

	#	%		#	%		
Males							
Yes	197	8.62	No	2085	91.28	NR	2
Females							
Yes	68	3.09	No	2126	96.90	NR	0
Total							
Yes	265	5.91	No	4211	94.03	NR	2

5. Have you smoked any tobacco cigarettes, cigars or pipes within the last week?

	#	%		#	%		
Males							
Yes	67	2.93	No	2217	97.06	NR	0
Females							
Yes	17	0.77	No	2177	99.22	NR	0
Total							
Yes	84	1.87	No	4394	98.12	NR	0

6. Have you ever bought tobacco cigarettes or any tobacco products for you or your friends?

	#	%		#	%		
Males							
Yes	344	15.06	No	1940	84.94	NR	0
Females							
Yes	128	5.83	No	2066	94.17	NR	0
Total							
Yes	472	10.54	No	4006	89.46	NR	0

7. In the future, will you probably smoke regularly?

	#	%		#	%		
Males							
Yes	192	8.41	No	2091	91.55	NR	1
Females							
Yes	86	3.92	No	2104	95.90	NR	4
Total							
Yes	278	6.21	No	4195	93.68	NR	5

8. Do you often chew or put tobacco products in your mouth?

	#	%		#	%		
Males							
Yes	387	16.94	No	1894	82.92	NR	3
Females							
Yes	54	2.46	No	2139	97.49	NR	1
Total							
Yes	441	9.85	No	4033	90.06	NR	4

PHYSICAL ACTIVITY

4 - 6

1. Do you play outdoors a lot?

	#	%		#	%		
Males							
Yes	2134	93.43	No	150	6.57	NR	0
Females							
Yes	1988	90.61	No	206	9.39	NR	0
Total							
Yes	4122	92.05	No	356	7.95	NR	0

2. Do you play hard twice a week?

	#	%		#	%		
Males							
Yes	2102	92.03	No	180	7.88	NR	2
Females							
Yes	1762	80.31	No	431	19.64	NR	1
Total							
Yes	3864	86.29	No	611	13.64	NR	3

3. Would you rather get a ride to school than to walk or ride your bike?

	#	%		#	%		
Males							
Yes	916	40.11	No	1363	59.69	NR	5
Females							
Yes	1051	47.90	No	1142	52.05	NR	1
Total							
Yes	1967	43.93	No	2505	55.94	NR	6

4. Do you often feel tired?

	#	%		#	%		
Males							
Yes	881	38.57	No	1401	61.34	NR	2
Females							
Yes	957	43.62	No	1236	56.34	NR	1
Total							
Yes	1838	41.05	No	2637	58.89	NR	3

5. Does your body hurt when you play?

	#	%		#	%		
Males							
Yes	449	19.66	No	1834	80.30	NR	1
Females							
Yes	393	17.91	No	1799	82.00	NR	2
Total							
Yes	842	18.80	No	3633	81.13	NR	3

6. Does your body hurt when you run?

	#	%		#	%		
Males							
Yes	723	31.65	No	1559	68.26	NR	2
Females							
Yes	857	39.06	No	1336	60.89	NR	1
Total							
Yes	1580	35.28	No	2895	64.65	NR	3

7. Is playing hard something you do most days?

	#	%		#	%		
Males							
Yes	1712	74.96	No	570	24.96	NR	2
Females							
Yes	1192	54.33	No	1000	45.58	NR	2
Total							
Yes	2904	64.85	No	1570	35.06	NR	4

8. Do you like to climb things?

	#	%		#	%		
Males							
Yes	2053	89.89	No	227	9.94	NR	4
Females							
Yes	1779	81.08	No	413	18.82	NR	2
Total							
Yes	3832	85.57	No	640	14.29	NR	6

STRESS MANAGEMENT

7 - 8

1. At bedtime I fall asleep easily.

	#	%		#	%		#	%		
Males										
Usually	755	43	Occasionally	671	39	Rarely/Never	316	18	NR	0
Females										
Usually	699	42	Occasionally	701	42	Rarely/Never	269	16	NR	0
Total										
Usually	1454	43	Occasionally	1372	40	Rarely/Never	585	17	NR	0

2. I get 6-8 hours of sleep most nights.

	#	%		#	%		#	%		
Males										
Usually	1380	79	Occasionally	262	15	Rarely/Never	100	6	NR	0
Females										
Usually	1298	77	Occasionally	277	17	Rarely/Never	93	6	NR	0
Total										
Usually	2678	78	Occasionally	539	16	Rarely/Never	193	6	NR	1

3. If I wake up in the middle of the night, it's not difficult for me to fall asleep again.

	#	%		#	%		#	%		
Males										
Usually	1020	59	Occasionally	375	21	Rarely/Never	347	20	NR	0
Females										
Usually	932	56	Occasionally	424	25	Rarely/Never	312	19	NR	1
Total										
Usually	1952	58	Occasionally	799	23	Rarely/Never	659	19	NR	1

4. When I feel under pressure, I bite my fingernails, tap my foot, start to perspire, or have some other nervous habit.

	#	%		#	%		#	%		
Males										
Usually	580	33	Occasionally	568	33	Rarely/Never	594	34	NR	0
Females										
Usually	762	46	Occasionally	508	30	Rarely/Never	399	24	NR	0
Total										
Usually	1342	39	Occasionally	1076	32	Rarely/Never	993	29	NR	0

5. I take 15 to 20 minutes a day for myself to do whatever I want.

	#	%		#	%		#	%		
Males										
Usually	1035	60	Occasionally	371	21	Rarely/Never	336	19	NR	0
Females										
Usually	925	56	Occasionally	437	26	Rarely/Never	305	18	NR	2
Total										
Usually	1960	57	Occasionally	808	24	Rarely/Never	641	19	NR	2

6. I worry about exams if I am not well prepared.

	#	%		#	%		#	%		
Males										
Usually	1089	63	Occasionally	424	24	Rarely/Never	228	13	NR	1
Females										
Usually	1206	72	Occasionally	353	21	Rarely/Never	110	7	NR	0
Total										
Usually	2295	67	Occasionally	777	23	Rarely/Never	338	10	NR	1

7. I consciously take time each day to relax.

	#	%		#	%		#	%		
Males										
Usually	673	39	Occasionally	589	33	Rarely/Never	480	28	NR	0
Females										
Usually	657	39	Occasionally	600	36	Rarely/Never	411	25	NR	1
Total										
Usually	1330	39	Occasionally	1189	35	Rarely/Never	891	26	NR	1

8. I know that extreme pressure or tension plays a role in causing health problems, and I am learning some specific relaxation skills to prevent and control my problems.

	#	%		#	%		#	%		
Males										
Usually	276	16	Occasionally	489	28	Rarely/Never	974	56	NR	3
Females										
Usually	280	17	Occasionally	507	30	Rarely/Never	881	53	NR	1
Total										
Usually	556	16	Occasionally	996	29	Rarely/Never	1855	55	NR	4

9. I know how much pressure I can manage and can do something to control that pressure.

	#	%		#	%		#	%		
Males										
Usually	765	44	Occasionally	634	36	Rarely/Never	343	20	NR	0
Females										
Usually	685	41	Occasionally	624	37	Rarely/Never	359	22	NR	1
Total										
Usually	1450	43	Occasionally	1258	37	Rarely/Never	702	20	NR	1

10. I am able to recognize, control, and/or change some unwanted pressure in my life such as the way I look, or if I'm being accepted by my friends.

	#	%		#	%		#	%		
Males										
Usually	991	57	Occasionally	548	31	Rarely/Never	201	12	NR	2
Females										
Usually	1046	63	Occasionally	489	29	Rarely/Never	133	8	NR	1
Total										
Usually	2037	60	Occasionally	1037	30	Rarely/Never	334	10	NR	3

NUTRITION

7 - 8

1. I eat 2 or more servings of fruit or vegetables per day.

	Usually #	Usually %	Occasionally #	Occasionally %	Rarely/Never #	Rarely/Never %	NR
Males	770	44	610	35	362	21	0
Females	682	41	585	35	401	24	1
Total	1452	43	1195	35	763	22	1

2. I drink 1-5 glasses of soda pop, Kool Aide, Tang, or Hi-C a week.

	Usually #	Usually %	Occasionally #	Occasionally %	Rarely/Never #	Rarely/Never %	NR
Males	946	54	447	26	349	20	0
Females	883	53	446	27	339	20	1
Total	1829	54	893	26	688	20	1

3. I drink 6 or more glasses of soda pop, Kool Aide, Tang, or Hi-C a week.

	Usually #	Usually %	Occasionally #	Occasionally %	Rarely/Never #	Rarely/Never %	NR
Males	637	37	457	26	647	37	1
Females	547	33	390	23	731	44	1
Total	1184	35	847	25	1378	40	2

4. I put salt on my food.

	Usually #	Usually %	Occasionally #	Occasionally %	Rarely/Never #	Rarely/Never %	NR
Males	582	33	542	31	617	36	1
Females	512	31	537	32	619	37	1
Total	1094	32	1079	32	1236	36	2

5. I eat presweetened cereals for my morning meal.

	Usually #	Usually %	Occasionally #	Occasionally %	Rarely/Never #	Rarely/Never %	NR
Males	426	24	613	35	701	41	2
Females	327	20	488	29	852	51	2
Total	753	22	1101	32	1553	46	4

6. I eat three or more meals per day.

	#	%		#	%		#	%		
Males										
Usually	1335	77	Occasionally	270	15	Rarely/Never	135	8	NR	2
Females										
Usually	1029	62	Occasionally	399	24	Rarely/Never	240	14	NR	1
Total										
Usually	2364	69	Occasionally	669	20	Rarely/Never	375	11	NR	3

7. I drink three or more glasses of milk most days.

	#	%		#	%		#	%		
Males										
Usually	684	39	Occasionally	544	32	Rarely/Never	512	29	NR	2
Females										
Usually	448	27	Occasionally	462	28	Rarely/Never	758	45	NR	1
Total										
Usually	1132	34	Occasionally	1006	29	Rarely/Never	1270	37	NR	3

8. I eat a meal or breakfast most mornings.

	#	%		#	%		#	%		
Males										
Usually	1117	64	Occasionally	387	22	Rarely/Never	237	14	NR	1
Females										
Usually	837	50	Occasionally	385	23	Rarely/Never	446	27	NR	1
Total										
Usually	1954	57	Occasionally	772	23	Rarely/Never	683	20	NR	2

9. Fried foods such as; french fries, fried chicken, fried eggs, or hash browns are a part of my daily diet.

	#	%		#	%		#	%		
Males										
Usually	472	27	Occasionally	836	48	Rarely/Never	431	25	NR	3
Females										
Usually	438	26	Occasionally	774	47	Rarely/Never	455	27	NR	2
Total										
Usually	910	27	Occasionally	1610	47	Rarely/Never	886	26	NR	5

10. I eat at "fast food" restaurants 5 or more times a week.

	#	%		#	%		#	%		
Males										
Usually	97	5	Occasionally	341	20	Rarely/Never	1300	75	NR	4
Females										
Usually	91	5	Occasionally	282	17	Rarely/Never	1291	78	NR	5
Total										
Usually	188	6	Occasionally	623	18	Rarely/Never	2591	76	NR	9

ALCOHOL

7 - 8

1. When I see other people drink beer, wine or alcohol, I also want a drink.

	#	%		#	%		#	%		
Males										
Usually	184	11	Occasionally	333	19	Rarely/Never	1223	70	NR	2
Females										
Usually	113	7	Occasionally	255	15	Rarely/Never	1298	78	NR	3
Total										
Usually	297	9	Occasionally	588	17	Rarely/Never	2521	74	NR	5

2. I drink 1-2 alcoholic beverages a week.

	#	%		#	%		#	%		
Males										
Usually	86	5	Occasionally	195	11	Rarely/Never	1460	84	NR	1
Females										
Usually	43	3	Occasionally	100	6	Rarely/Never	1524	91	NR	2
Total										
Usually	129	4	Occasionally	295	9	Rarely/Never	2984	87	NR	3

3. I drink 3-4 alcoholic beverages a week.

	#	%		#	%		#	%		
Males										
Usually	48	3	Occasionally	83	5	Rarely/Never	1610	92	NR	1
Females										
Usually	16	1	Occasionally	32	2	Rarely/Never	1620	97	NR	1
Total										
Usually	64	2	Occasionally	115	3	Rarely/Never	3230	95	NR	2

4. I drink 5 or more alcoholic beverages a week.

	#	%		#	%		#	%		
Males										
Usually	42	2	Occasionally	48	3	Rarely/Never	1651	95	NR	1
Females										
Usually	20	1	Occasionally	18	1	Rarely/Never	1630	98	NR	1
Total										
Usually	62	2	Occasionally	66	2	Rarely/Never	3281	96	NR	2

5. I get drunk when I drink.

	#	%		#	%		#	%		
Males										
Usually	87	5	Occasionally	144	8	Rarely/Never	1509	87	NR	2
Females										
Usually	69	4	Occasionally	108	6	Rarely/Never	1490	90	NR	2
Total										
Usually	156	5	Occasionally	252	7	Rarely/Never	2999	88	NR	4

6. I drink alcoholic beverages with my friends.

	#	%		#	%		#	%		
Males										
Usually	126	7	Occasionally	194	11	Rarely/Never	1421	82	NR	1
Females										
Usually	80	5	Occasionally	167	10	Rarely/Never	1420	85	NR	2
Total										
Usually	206	6	Occasionally	361	11	Rarely/Never	2841	83	NR	3

7. I drink alcoholic beverages with my parents and/or relatives.

	#	%		#	%		#	%		
Males										
Usually	134	8	Occasionally	396	24	Rarely/Never	1211	70	NR	1
Females										
Usually	72	4	Occasionally	299	18	Rarely/Never	1297	78	NR	1
Total										
Usually	206	6	Occasionally	695	20	Rarely/Never	2508	74	NR	2

8. I will accept a ride in a car with someone who is or has been drinking alcohol.

	#	%		#	%		#	%		
Males										
Usually	69	4	Occasionally	207	12	Rarely/Never	1464	84	NR	2
Females										
Usually	36	2	Occasionally	149	9	Rarely/Never	1482	89	NR	2
Total										
Usually	105	3	Occasionally	356	10	Rarely/Never	2946	87	NR	4

9. I enjoy the "feeling" alcohol gives me.

	#	%		#	%		#	%		
Males										
Usually	89	5	Occasionally	219	13	Rarely/Never	1431	82	NR	3
Females										
Usually	42	3	Occasionally	116	7	Rarely/Never	1510	90	NR	1
Total										
Usually	131	4	Occasionally	335	10	Rarely/Never	2941	86	NR	4

10. Drinking alcoholic beverages makes me feel older or more grown-up.

	#	%		#	%		#	%		
Males										
Usually	77	4	Occasionally	175	10	Rarely/Never	1488	86	NR	2
Females										
Usually	54	3	Occasionally	143	9	Rarely/Never	1471	88	NR	1
Total										
Usually	131	4	Occasionally	318	9	Rarely/Never	2959	87	NR	3

11. I can concentrate better if I have had an alcoholic beverage to drink.

	#	%		#	%		#	%		
Males										
Usually	55	3	Occasionally	85	5	Rarely/Never	1600	92	NR	2
Females										
Usually	21	1	Occasionally	53	3	Rarely/Never	1593	96	NR	2
Total										
Usually	76	2	Occasionally	138	4	Rarely/Never	3193	94	NR	4

SAFETY

7 -8

1. I check my home to protect it from fire and safety hazards.

	#	%		#	%		#	%		
Males										
Usually	307	18	Occasionally	753	43	Rarely/Never	680	39	NR	2
Females										
Usually	286	17	Occasionally	760	46	Rarely/Never	622	37	NR	1
Total										
Usually	593	17	Occasionally	1513	45	Rarely/Never	1302	38	NR	3

2. I wear a seat belt when I ride in a car or truck.

	#	%		#	%		#	%		
Males										
Usually	147	8	Occasionally	362	21	Rarely/Never	1232	71	NR	1
Females										
Usually	138	8	Occasionally	397	24	Rarely/Never	1132	68	NR	2
Total										
Usually	285	8	Occasionally	759	22	Rarely/Never	2364	70	NR	3

3. I turn off or unplug appliances when they are not in use.

	#	%		#	%		#	%		
Males										
Usually	763	44	Occasionally	471	27	Rarely/Never	508	29	NR	0
Females										
Usually	916	55	Occasionally	584	35	Rarely/Never	168	10	NR	1
Total										
Usually	1679	49	Occasionally	1055	31	Rarely/Never	676	20	NR	1

4. I wear a life jacket while riding in a boat or canoe and in water sports.

	#	%		#	%		#	%		
Males										
Usually	1019	58	Occasionally	382	22	Rarely/Never	341	20	NR	0
Females										
Usually	1032	62	Occasionally	377	22	Rarely/Never	259	16	NR	1
Total										
Usually	2051	60	Occasionally	759	22	Rarely/Never	600	18	NR	1

5. I avoid taking any pills or medicine unless my parents or my doctor tells me to.

	#	%		#	%		#	%		
Males										
Usually	1309	75	Occasionally	202	12	Rarely/Never	229	13	NR	2
Females										
Usually	1314	79	Occasionally	209	12	Rarely/Never	145	9	NR	1
Total										
Usually	2623	77	Occasionally	411	12	Rarely/Never	374	11	NR	3

6. I cross the street only at crosswalks.

	#	%		#	%		#	%		
Males										
Usually	194	11	Occasionally	675	39	Rarely/Never	872	50	NR	1
Females										
Usually	289	17	Occasionally	735	44	Rarely/Never	644	39	NR	1
Total										
Usually	483	14	Occasionally	1410	41	Rarely/Never	1516	45	NR	2

7. While eating, I laugh or talk with food in my mouth.

	#	%		#	%		#	%		
Males										
Usually	188	11	Occasionally	292	17	Rarely/Never	1259	72	NR	3
Females										
Usually	204	12	Occasionally	594	36	Rarely/Never	869	52	NR	2
Total										
Usually	392	11	Occasionally	886	26	Rarely/Never	2128	63	NR	5

8. I ride my bike on the correct side of the street and stop at red lights or stop signs.

	#	%		#	%		#	%		
Males										
Usually	680	39	Occasionally	490	28	Rarely/Never	571	33	NR	1
Females										
Usually	928	55	Occasionally	444	27	Rarely/Never	295	18	NR	2
Total										
Usually	1608	48	Occasionally	934	27	Rarely/Never	866	25	NR	3

9. I run up or down stairs, or in the hallways.

	#	%		#	%		#	%		
Males										
Usually	630	36	Occasionally	726	42	Rarely/Never	383	22	NR	3
Females										
Usually	560	33	Occasionally	711	43	Rarely/Never	396	24	NR	2
Total										
Usually	1190	35	Occasionally	1437	42	Rarely/Never	779	23	NR	5

10. I touch electrical appliances, other than hair dryers when wet.

	#	%		#	%		#	%		
Males										
Usually	125	7	Occasionally	237	14	Rarely/Never	1377	79	NR	3
Females										
Usually	63	4	Occasionally	212	13	Rarely/Never	1392	83	NR	2
Total										
Usually	188	6	Occasionally	449	13	Rarely/Never	2769	81	NR	5

SMOKING

7 - 8

1. I smoke 1-3 tobacco cigarettes daily.

	#	%		#	%		#	%		
Males										
Usually	29	2	Occasionally	37	2	Rarely/Never	1672	96	NR	4
Females										
Usually	28	2	Occasionally	31	2	Rarely/Never	1608	96	NR	2
Total										
Usually	57	2	Occasionally	68	2	Rarely/Never	3280	96	NR	6

2. I smoke 4-20 cigarettes daily.

	#	%		#	%		#	%		
Males										
Usually	24	1	Occasionally	20	1	Rarely/Never	1696	98	NR	2
Females										
Usually	22	1	Occasionally	15	1	Rarely/Never	1630	98	NR	2
Total										
Usually	46	1	Occasionally	35	1	Rarely/Never	3326	98	NR	4

3. I smoke tobacco cigarettes to "perk" myself up.

	#	%		#	%		#	%		
Males										
Usually	31	2	Occasionally	26	1	Rarely/Never	1683	97	NR	2
Females										
Usually	16	1	Occasionally	37	2	Rarely/Never	1614	97	NR	2
Total										
Usually	47	1	Occasionally	63	2	Rarely/Never	3297	97	NR	4

4. Smoking tobacco cigarettes is pleasant and relaxing.

	#	%		#	%		#	%		
Males										
Usually	36	2	Occasionally	46	3	Rarely/Never	1658	95	NR	2
Females										
Usually	27	2	Occasionally	55	3	Rarely/Never	1585	95	NR	2
Total										
Usually	63	2	Occasionally	101	3	Rarely/Never	3243	95	NR	4

5. When I feel "down" or want to take my mind off cares and worries, I smoke a tobacco cigarette.

	#	%		#	%		#	%		
Males										
Usually	27	2	Occasionally	46	3	Rarely/Never	1667	95	NR	2
Females										
Usually	28	2	Occasionally	63	4	Rarely/Never	1576	94	NR	2
Total										
Usually	55	2	Occasionally	109	3	Rarely/Never	3243	95	NR	4

6. Handling a tobacco cigarette is part of the enjoyment of smoking it.

	#	%		#	%		#	%		
Males										
Usually	23	1	Occasionally	41	2	Rarely/Never	1676	97	NR	2
Females										
Usually	29	2	Occasionally	41	2	Rarely/Never	1596	96	NR	3
Total										
Usually	52	2	Occasionally	82	2	Rarely/Never	3272	96	NR	5

7. When I smoke a tobacco cigarette, part of the enjoyment is watching the smoke as I exhale it.

	#	%		#	%		#	%		
Males										
Usually	22	1	Occasionally	44	3	Rarely/Never	1673	49	NR	3
Females										
Usually	44	3	Occasionally	44	3	Rarely/Never	1579	94	NR	2
Total										
Usually	66	2	Occasionally	88	3	Rarely/Never	3252	95	NR	5

8. I inhale the tobacco cigarette smoke deeply into my lungs.

	#	%		#	%		#	%		
Males										
Usually	38	2	Occasionally	44	3	Rarely/Never	1657	95	NR	3
Females										
Usually	38	2	Occasionally	42	3	Rarely/Never	1586	95	NR	3
Total										
Usually	76	2	Occasionally	86	3	Rarely/Never	3243	95	NR	6

9. I chew tobacco products daily.

	#	%		#	%		#	%		
Males										
Usually	19	1	Occasionally	25	1	Rarely/Never	1696	98	NR	2
Females										
Usually	116	7	Occasionally	221	13	Rarely/Never	1327	80	NR	5
Total										
Usually	135	4	Occasionally	246	7	Rarely/Never	3023	89	NR	7

10. I enjoy the stimulation of chewing tobacco products.

	#	%		#	%		#	%		
Males										
Usually	17	1	Occasionally	23	1	Rarely/Never	1700	98	NR	2
Females										
Usually	160	10	Occasionally	198	12	Rarely/Never	1306	78	NR	5
Total										
Usually	177	5	Occasionally	221	6	Rarely/Never	3006	89	NR	7

PHYSICAL ACTIVITY

7 - 8

1. I ride my bike, run, or participate in sports.

	#	%		#	%		#	%		
Males										
Usually	1459	84	Occasionally	219	13	Rarely/Never	59	3	NR	5
Females										
Usually	1275	76	Occasionally	343	21	Rarely/Never	49	3	NR	2
Total										
Usually	2734	81	Occasionally	562	16	Rarely/Never	108	3	NR	7

2. I take part in strenuous activities at least twice a week.

	#	%		#	%		#	%		
Males										
Usually	1237	71	Occasionally	368	21	Rarely/Never	134	8	NR	3
Females										
Usually	937	57	Occasionally	540	32	Rarely/Never	190	11	NR	2
Total										
Usually	2174	64	Occasionally	908	27	Rarely/Never	324	9	NR	5

3. I warm-up before participating in sports.

	#	%		#	%		#	%		
Males										
Usually	1073	62	Occasionally	485	28	Rarely/Never	181	10	NR	3
Females										
Usually	1015	61	Occasionally	502	30	Rarely/Never	150	9	NR	2
Total										
Usually	2088	61	Occasionally	987	29	Rarely/Never	331	10	NR	5

4. When I see others playing, I feel like joining the activity.

	#	%		#	%		#	%		
Males										
Usually	1253	72	Occasionally	416	24	Rarely/Never	70	4	NR	3
Females										
Usually	1107	67	Occasionally	520	31	Rarely/Never	40	2	NR	2
Total										
Usually	2360	70	Occasionally	936	27	Rarely/Never	110	3	NR	5

5. I encourage others to participate with me in vigorous games and activities.

	#	%		#	%		#	%		
Males										
Usually	977	56	Occasionally	598	34	Rarely/Never	164	10	NR	3
Females										
Usually	875	53	Occasionally	637	38	Rarely/Never	154	9	NR	3
Total										
Usually	2360	70	Occasionally	936	27	Rarely/Never	110	3	NR	5

6. If my destination is within a few blocks, I prefer to walk rather than ride.

	#	%		#	%		#	%		
Males										
Usually	1055	63	Occasionally	562	33	Rarely/Never	49	4	NR	3
Females										
Usually	853	51	Occasionally	619	37	Rarely/Never	267	16	NR	3
Total										
Usually	1908	56	Occasionally	1181	35	Rarely/Never	316	9	NR	6

7. Physical exercise is part of my life.

	#	%		#	%		#	%		
Males										
Usually	1046	63	Occasionally	548	32	Rarely/Never	73	5	NR	4
Females										
Usually	952	55	Occasionally	566	33	Rarely/Never	220	12	NR	2
Total										
Usually	1998	58	Occasionally	1114	33	Rarely/Never	293	9	NR	6

STRESS MANAGEMENT

9 - 12

1. At bedtime, I fall asleep easily.

	#	%		#	%		#	%		
Males										
Usually	1048	46.47	Occasionally	898	39.82	Rarely/Never	308	13.66	NR	1
Females										
Usually	1067	47.42	Occasionally	869	38.62	Rarely/Never	314	13.96	NR	0
Total										
Usually	2115	46.95	Occasionally	1767	39.22	Rarely/Never	622	13.81	NR	1

2. I get a full night's sleep of 6-8 hours most nights.

	#	%		#	%		#	%		
Males										
Usually	1479	65.59	Occasionally	526	23.32	Rarely/Never	250	11.09	NR	0
Females										
Usually	1477	65.64	Occasionally	530	23.56	Rarely/Never	242	10.76	NR	1
Total										
Usually	2956	65.62	Occasionally	1056	23.44	Rarely/Never	492	10.92	NR	1

3. If awakened, it's easy for me to fall back asleep.

	#	%		#	%		#	%		
Males										
Usually	1293	57.32	Occasionally	600	26.61	Rarely/Never	362	16.05	NR	0
Females										
Usually	1134	50.40	Occasionally	719	31.96	Rarely/Never	397	17.64	NR	0
Total										
Usually	2427	53.87	Occasionally	1319	29.28	Rarely/Never	759	16.85	NR	0

4. I have a habit of biting my fingernails, tapping my foot, starting to perspire, or some other nervous habit.

	#	%		#	%		#	%		
Males										
Usually	654	28.60	Occasionally	740	32.82	Rarely/Never	859	38.54	NR	1
Females										
Usually	867	38.54	Occasionally	705	31.33	Rarely/Never	678	30.13	NR	0
Total										
Usually	1512	33.56	Occasionally	1445	32.08	Rarely/Never	1547	34.34	NR	1

5. I take 15 to 20 minutes a day for myself to do whatever I want.

	#	%		#	%		#	%		
Males										
Usually	1273	56.46	Occasionally	514	22.79	Rarely/Never	468	20.75	NR	0
Females										
Usually	1185	52.67	Occasionally	584	25.96	Rarely/Never	480	21.33	NR	1
Total										
Usually	2458	54.56	Occasionally	1098	24.37	Rarely/Never	948	21.04	NR	1

6. I worry about exams if I am not well prepared.

	#	%		#	%		#	%		
Males										
Usually	1243	55.12	Occasionally	633	28.08	Rarely/Never	379	16.81	NR	0
Females										
Usually	1600	71.11	Occasionally	501	22.27	Rarely/Never	148	6.58	NR	1
Total										
Usually	2843	63.11	Occasionally	1134	25.17	Rarely/Never	527	11.70	NR	1

7. I consciously take time each day to relax.

	#	%		#	%		#	%		
Males										
Usually	802	35.57	Occasionally	750	33.26	Rarely/Never	703	31.17	NR	0
Females										
Usually	604	26.84	Occasionally	818	36.36	Rarely/Never	827	36.76	NR	1
Total										
Usually	1406	31.21	Occasionally	1568	34.81	Rarely/Never	1530	33.96	NR	1

8. I know that extreme pressure or tension plays a role in causing health problems, and I am learning some specific relaxation skills to prevent and control my problems.

	#	%		#	%		#	%		
Males										
Usually	315	13.07	Occasionally	615	27.27	Rarely/Never	1323	58.67	NR	2
Females										
Usually	226	10.04	Occasionally	635	28.22	Rarely/Never	1387	61.64	NR	2
Total										
Usually	541	12.01	Occasionally	1250	27.75	Rarely/Never	2710	60.16	NR	4

9. I know how much pressure I can manage and can do something to control that pressure.

	#	%		#	%		#	%		
Males										
Usually	857	38.00	Occasionally	911	40.40	Rarely/Never	486	21.55	NR	1
Females										
Usually	753	33.47	Occasionally	979	43.51	Rarely/Never	517	22.98	NR	1
Total										
Usually	1610	35.74	Occasionally	1890	41.95	Rarely/Never	1003	22.26	NR	2

10. I am able to recognize, control, and/or change some unwanted pressure in my life; such as the way I look, or if I'm being accepted by my friends.

	#	%		#	%		#	%		
Males										
Usually	1210	53.66	Occasionally	813	36.05	Rarely/Never	230	10.20	NR	2
Females										
Usually	1319	58.62	Occasionally	776	34.49	Rarely/Never	151	6.71	NR	4
Total										
Usually	2529	56.14	Occasionally	1589	35.27	Rarely/Never	381	8.46	NR	6

NUTRITION

9 - 12

1. I eat two or more servings of fruit or vegetables most days.

	#	%		#	%		#	%		
Males										
Usually	959	42.53	Occasionally	752	33.35	Rarely/Never	544	24.12	NR	0
Females										
Usually	785	34.89	Occasionally	780	34.67	Rarely/Never	684	30.40	NR	1
Total										
Usually	1744	38.71	Occasionally	1532	34.01	Rarely/Never	1228	27.26	NR	1

2. I drink 1-5 glasses of soda pop, Kool Aide, Tang, or Hi-C a week.

	#	%		#	%		#	%		
Males										
Usually	1399	62.04	Occasionally	450	19.96	Rarely/Never	405	17.96	NR	1
Females										
Usually	1385	61.60	Occasionally	465	20.67	Rarely/Never	399	17.73	NR	1
Total										
Usually	2784	61.80	Occasionally	915	20.31	Rarely/Never	804	17.85	NR	2

3. I drink 6 or more glasses of soda pop, Kool Aide, Tang, or Hi-C a week.

	#	%		#	%		#	%		
Males										
Usually	1059	46.96	Occasionally	512	22.71	Rarely/Never	683	30.29	NR	1
Females										
Usually	972	43.20	Occasionally	487	21.64	Rarely/Never	790	35.11	NR	1
Total										
Usually	2031	45.08	Occasionally	999	22.18	Rarely/Never	1473	32.70	NR	2

4. I read the labels on food packages.

	#	%		#	%		#	%		
Males										
Usually	279	12.38	Occasionally	698	30.95	Rarely/Never	1278	56.67	NR	0
Females										
Usually	319	14.18	Occasionally	805	35.78	Rarely/Never	1126	50.04	NR	0
Total										
Usually	598	13.27	Occasionally	1503	33.36	Rarely/Never	2404	53.36	NR	0

5. I drink more than 2 cups of coffee per day.

	#	%		#	%		#	%		
Males										
Usually	115	5.10	Occasionally	188	8.34	Rarely/Never	1951	86.52	NR	1
Females										
Usually	65	2.89	Occasionally	114	5.07	Rarely/Never	2071	92.04	NR	0
Total										
Usually	180	4.00	Occasionally	302	6.70	Rarely/Never	4022	89.28	NR	1

6. I add salt to my food.

	#	%		#	%		#	%		
Males										
Usually	738	32.73	Occasionally	765	33.92	Rarely/Never	750	33.26	NR	2
Females										
Usually	809	35.96	Occasionally	704	31.29	Rarely/Never	737	32.75	NR	0
Total										
Usually	1547	34.34	Occasionally	1469	32.61	Rarely/Never	1487	33.01	NR	2

7. I eat presweetened cereals for my morning meal.

	#	%		#	%		#	%		
Males										
Usually	422	18.71	Occasionally	786	34.86	Rarely/Never	1046	46.39	NR	1
Females										
Usually	269	11.96	Occasionally	607	26.98	Rarely/Never	1373	61.02	NR	1
Total										
Usually	691	15.34	Occasionally	1393	30.92	Rarely/Never	2419	53.70	NR	2

8. I eat snacks, such as candies, donuts, potato chips, or other sweets between meals.

	#	%		#	%		#	%		
Males										
Usually	954	42.31	Occasionally	988	43.81	Rarely/Never	312	13.84	NR	1
Females										
Usually	870	38.67	Occasionally	1032	45.87	Rarely/Never	347	15.42	NR	1
Total										
Usually	1814	40.27	Occasionally	2020	44.84	Rarely/Never	659	14.63	NR	2

9. I eat a meal or breakfast most mornings.

	#	%		#	%		#	%		
Males										
Usually	1312	58.18	Occasionally	479	21.24	Rarely/Never	463	20.53	NR	1
Females										
Usually	923	41.02	Occasionally	513	22.80	Rarely/Never	813	36.13	NR	1
Total										
Usually	2235	49.61	Occasionally	992	22.02	Rarely/Never	1276	28.32	NR	2

10. I eat fried foods daily.

	#	%		#	%		#	%		
Males										
Usually	918	40.71	Occasionally	1103	38.91	Rarely/Never	231	10.24	NR	3
Females										
Usually	773	34.36	Occasionally	1172	52.09	Rarely/Never	304	13.51	NR	1
Total										
Usually	1691	37.54	Occasionally	2275	50.50	Rarely/Never	535	11.88	NR	4

11. I eat at "fast food" restaurants 5 or more times a week.

	#	%		#	%		#	%		
Males										
Usually	254	11.26	Occasionally	579	25.68	Rarely/Never	1419	62.93	NR	3
Females										
Usually	268	11.91	Occasionally	500	24.44	Rarely/Never	1430	63.56	NR	2
Total										
Usually	522	11.59	Occasionally	1129	25.06	Rarely/Never	2849	63.24	NR	5

12. I eat three or more meals each day.

	#	%		#	%		#	%		
Males										
Usually	1443	63.99	Occasionally	510	22.62	Rarely/Never	300	13.30	NR	2
Females										
Usually	850	37.78	Occasionally	684	30.40	Rarely/Never	711	31.60	NR	5
Total										
Usually	2293	50.90	Occasionally	1194	26.50	Rarely/Never	1011	22.47	NR	7
								22.47		

ALCOHOL

9 - 12

1. When I see other people drink beer, wine, or alcohol, I also want to drink.

	#	%		#	%		#	%		
Males										
Usually	570	25.28	Occasionally	756	33.53	Rarely/Never	926	41.06	NR	3
Females										
Usually	373	16.58	Occasionally	771	34.27	Rarely/Never	1104	49.07	NR	2
Total										
Usually	943	20.93	Occasionally	1527	33.90	Rarely/Never	2030	45.06	NR	5

2. I drink 1-2 alcoholic beverages a week.

	#	%		#	%		#	%		
Males										
Usually	548	24.30	Occasionally	468	20.75	Rarely/Never	1236	54.81	NR	3
Females										
Usually	374	16.62	Occasionally	436	19.38	Rarely/Never	1437	63.87	NR	3
Total										
Usually	922	20.47	Occasionally	904	20.07	Rarely/Never	2673	59.33	NR	6

3. I drink 3-4 alcoholic beverages a week.

	#	%		#	%		#	%		
Males										
Usually	411	18.23	Occasionally	396	17.56	Rarely/Never	1446	64.12	NR	2
Females										
Usually	260	11.56	Occasionally	296	13.16	Rarely/Never	1692	75.20	NR	2
Total										
Usually	671	14.89	Occasionally	692	15.36	Rarely/Never	3138	69.66	NR	4

4. I drink 5 or more alcoholic beverages a week.

	#	%		#	%		#	%		
Males										
Usually	402	17.83	Occasionally	319	14.15	Rarely/Never	1532	67.94	NR	2
Females										
Usually	194	8.62	Occasionally	219	9.73	Rarely/Never	1835	81.56	NR	2
Total										
Usually	596	13.23	Occasionally	538	11.94	Rarely/Never	3367	74.74	NR	4

5. I get drunk when I go to a party that serves alcoholic beverages.

	#	%		#	%		#	%		
Males										
Usually	432	19.16	Occasionally	586	25.99	Rarely/Never	1235	54.77	NR	2
Females										
Usually	278	12.36	Occasionally	538	23.91	Rarely/Never	1432	63.64	NR	2
Total										
Usually	710	15.76	Occasionally	1124	24.95	Rarely/Never	2667	59.20	NR	4

6. I like to hang around with my friends who drink alcoholic beverages.

	#	%		#	%		#	%		
Males										
Usually	540	23.95	Occasionally	829	36.76	Rarely/Never	881	39.07	NR	5
Females										
Usually	359	15.96	Occasionally	813	36.13	Rarely/Never	1075	47.78	NR	3
Total										
Usually	899	19.96	Occasionally	1642	36.45	Rarely/Never	1956	43.42	NR	8

7. I drink alcoholic beverages with my parents or relatives.

	#	%		#	%		#	%		
Males										
Usually	238	10.55	Occasionally	660	29.27	Rarely/Never	1354	60.04	NR	3
Females										
Usually	148	6.58	Occasionally	710	31.56	Rarely/Never	1390	61.78	NR	2
Total										
Usually	386	8.57	Occasionally	1370	30.41	Rarely/Never	2744	60.91	NR	5

8. I will accept a ride in a car with someone who is or has been drinking alcohol.

	#	%		#	%		#	%		
Males										
Usually	271	12.02	Occasionally	609	48.53	Rarely/Never	1372	60.84	NR	3
Females										
Usually	127	5.64	Occasionally	583	25.91	Rarely/Never	1536	68.27	NR	4
Total										
Usually	398	8.83	Occasionally	1192	26.46	Rarely/Never	2908	64.55	NR	7

9. I enjoy the "feeling" alcohol gives me.

	#	%		#	%		#	%		
Males										
Usually	496	22.00	Occasionally	645	28.60	Rarely/Never	1110	49.22	NR	4
Females										
Usually	310	13.77	Occasionally	616	27.38	Rarely/Never	1321	58.71	NR	3
Total										
Usually	806	17.89	Occasionally	1261	27.99	Rarely/Never	2431	53.96	NR	7

10. Drinking alcoholic beverages makes me feel older or more grown-up.

	#	%		#	%		#	%		
Males										
Usually	111	4.92	Occasionally	342	15.17	Rarely/Never	1800	79.82	NR	2
Females										
Usually	65	2.89	Occasionally	277	12.31	Rarely/Never	1906	84.71	NR	2
Total										
Usually	176	3.91	Occasionally	619	13.74	Rarely/Never	3706	82.26	NR	4

11. I can concentrate better if I have had an alcoholic beverage to drink.

	#	%		#	%		#	%		
Males										
Usually	158	7.01	Occasionally	279	12.37	Rarely/Never	1815	80.49	NR	3
Females										
Usually	50	2.22	Occasionally	174	7.73	Rarely/Never	2023	89.91	NR	3
Total										
Usually	208	4.62	Occasionally	453	10.06	Rarely/Never	3838	85.19	NR	6

12. Drinking alcoholic beverages makes me feel relaxed.

	#	%		#	%		#	%		
Males										
Usually	566	25.10	Occasionally	582	25.81	Rarely/Never	1091	48.38	NR	16
Females										
Usually	365	16.22	Occasionally	580	25.78	Rarely/Never	1278	56.80	NR	27
Total										
Usually	931	20.67	Occasionally	1162	25.79	Rarely/Never	2369	52.59	NR	43

SAFETY

9 - 12

1. I check my home to protect it from fire and safety hazards.

	#	%		#	%		#	%		
Males										
Usually	303	13.44	Occasionally	844	37.43	Rarely/Never	1103	48.91	NR	5
Females										
Usually	261	11.60	Occasionally	826	36.71	Rarely/Never	1162	51.64	NR	1
Total										
Usually	564	12.52	Occasionally	1670	37.07	Rarely/Never	2265	50.28	NR	6

2. I turn off or unplug appliances when they are not in use.

	#	%		#	%		#	%		
Males										
Usually	911	40.40	Occasionally	655	29.05	Rarely/Never	685	30.38	NR	4
Females										
Usually	1248	55.47	Occasionally	615	27.33	Rarely/Never	385	17.11	NR	2
Total										
Usually	2159	47.92	Occasionally	1270	28.19	Rarely/Never	1070	23.75	NR	6

3. I wear a seat belt when I ride in a car or truck.

	#	%		#	%		#	%		
Males										
Usually	133	5.90	Occasionally	372	16.50	Rarely/Never	1747	77.47	NR	3
Females										
Usually	124	5.51	Occasionally	397	17.64	Rarely/Never	1728	76.80	NR	1
Total										
Usually	257	5.70	Occasionally	769	17.07	Rarely/Never	3475	77.14	NR	4

4. I wear a life jacket while riding in a boat or canoe; and in water sports.

	#	%		#	%		#	%		
Males										
Usually	971	43.06	Occasionally	610	27.05	Rarely/Never	670	29.71	NR	4
Females										
Usually	1091	48.49	Occasionally	643	28.58	Rarely/Never	515	22.89	NR	1
Total										
Usually	2062	45.77	Occasionally	1253	27.81	Rarely/Never	1185	26.30	NR	5

5. I have driven a vehicle after or while consuming alcohol.

	#	%		#	%		#	%		
Males										
Usually	319	14.15	Occasionally	564	25.01	Rarely/Never	1369	60.71	NR	3
Females										
Usually	143	6.36	Occasionally	530	23.56	Rarely/Never	1574	69.96	NR	3
Total										
Usually	462	10.26	Occasionally	1094	24.28	Rarely/Never	2943	65.33	NR	6

6. While eating, I laugh or talk with food in my mouth.

	Usually #	Usually %	Occasionally #	Occasionally %	Rarely/Never #	Rarely/Never %	NR
Males	323	14.32	824	36.54	1105	49.00	3
Females	239	10.62	808	35.91	1202	53.42	1
Total	562	12.48	1632	36.23	2307	51.21	4

7. I run up or down stairs, or in the hallways.

	Usually #	Usually %	Occasionally #	Occasionally %	Rarely/Never #	Rarely/Never %	NR
Males	780	34.59	986	43.73	485	21.51	4
Females	764	33.96	1042	46.31	443	19.69	1
Total	1544	34.27	2028	45.02	928	20.60	5

8. I touch electrical appliances, other than hair dryers, when wet.

	Usually #	Usually %	Occasionally #	Occasionally %	Rarely/Never #	Rarely/Never %	NR
Males	166	7.36	447	19.82	1639	72.68	3
Females	83	3.69	371	16.49	1793	79.69	3
Total	249	5.53	818	18.16	3432	76.18	6

9. I drive within 5 m.p.h. of the legal speed limit.

	Usually #	Usually %	Occasionally #	Occasionally %	Rarely/Never #	Rarely/Never %	NR
Males	975	43.24	689	30.55	586	25.99	5
Females	1195	53.11	593	26.36	452	20.09	10
Total	2170	48.17	1282	28.46	1038	23.04	15

10. I cross the street only at crosswalks.

	Usually #	Usually %	Occasionally #	Occasionally %	Rarely/Never #	Rarely/Never %	NR
Males	187	8.29	637	28.25	1428	63.33	3
Females	251	11.16	838	37.24	1158	51.47	3
Total	438	9.72	1475	32.74	2586	57.40	6

SMOKING

9 - 12

1. I smoke 1-3 tobacco cigarettes a day.

	#	%		#	%		#	%		
Males										
Usually	140	6.21	Occasionally	94	4.17	Rarely/Never	2016	89.40	NR	5
Females										
Usually	140	6.22	Occasionally	107	4.75	Rarely/Never	1997	88.75	NR	6
Total										
Usually	280	6.22	Occasionally	201	4.46	Rarely/Never	4013	89.08	NR	11

2. I smoke 4-20 tobacco cigarettes a day.

	#	%		#	%		#	%		
Males										
Usually	135	6	Occasionally	55	2	Rarely/Never	2060	92	NR	5
Females										
Usually	119	5	Occasionally	59	3	Rarely/Never	2065	92	NR	7
Total										
Usually	254	5	Occasionally	114	2	Rarely/Never	4125	92	NR	12

3. I smoke tobacco cigarettes to perk myself up.

	#	%		#	%		#	%		
Males										
Usually	65	3	Occasionally	104	5	Rarely/Never	2081	92	NR	5
Females										
Usually	40	2	Occasionally	120	5	Rarely/Never	2083	93	NR	7
Total										
Usually	105	2	Occasionally	224	5	Rarely/Never	4164	92	NR	12

4. Smoking tobacco cigarettes is pleasant and relaxing.

	#	%		#	%		#	%		
Males										
Usually	133	6	Occasionally	147	7	Rarely/Never	1970	87	NR	5
Females										
Usually	125	6	Occasionally	168	7	Rarely/Never	1949	87	NR	8
Total										
Usually	258	6	Occasionally	315	7	Rarely/Never	3919	87	NR	13

5. When I feel "down" or want to take my mind off cares and worries, I smoke a tobacco cigarette.

	#	%		#	%		#	%		
Males										
Usually	120	5	Occasionally	120	5	Rarely/Never	2009	90	NR	6
Females										
Usually	129	6	Occasionally	163	7	Rarely/Never	1950	87	NR	8
Total										
Usually	249	6	Occasionally	283	6	Rarely/Never	3959	88	NR	14

6. Handling a tobacco cigarette is part of the enjoyment of smoking it.

	#	%		#	%		#	%		
Males										
Usually	90	4	Occasionally	103	5	Rarely/Never	2056	91	NR	6
Females										
Usually	53	2	Occasionally	86	4	Rarely/Never	2103	94	NR	8
Total										
Usually	143	3	Occasionally	189	4	Rarely/Never	4159	92	NR	14

7. When I smoke a tobacco cigarette, part of the enjoyment is watching the smoke as I exhale it.

	#	%		#	%		#	%		
Males										
Usually	85	4	Occasionally	118	5	Rarely/Never	2046	91	NR	6
Females										
Usually	31	1	Occasionally	92	4	Rarely/Never	2119	95	NR	8
Total										
Usually	116	3	Occasionally	210	5	Rarely/Never	4165	92	NR	14

8. I inhale the tobacco cigarette smoke deeply into my lungs.

	#	%		#	%		#	%		
Males										
Usually	155	7	Occasionally	124	5	Rarely/Never	1970	88	NR	6
Females										
Usually	146	6	Occasionally	127	6	Rarely/Never	1968	88	NR	9
Total										
Usually	301	7	Occasionally	251	6	Rarely/Never	3938	87	NR	15

9. I chew tobacco products daily.

	#	%		#	%		#	%		
Males										
Usually	297	13	Occasionally	278	12	Rarely/Never	1674	74	NR	6
Females										
Usually	16	1	Occasionally	21	1	Rarely/Never	2204	98	NR	9
Total										
Usually	313	7	Occasionally	299	7	Rarely/Never	3878	86	NR	15

10. I enjoy the stimulation of chewing tobacco products.

	#	%		#	%		#	%		
Males										
Usually	278	12	Occasionally	288	13	Rarely/Never	1683	75	NR	6
Females										
Usually	18	1	Occasionally	31	1	Rarely/Never	2192	98	NR	9
Total										
Usually	296	7	Occasionally	319	7	Rarely/Never	3875	86	NR	15

PHYSICAL ACTIVITY

9 - 12

1. I climb stairs rather than using escalators or elevators.

	#	%		#	%		#	%		
Males										
Usually	607	27	Occasionally	883	39	Rarely/Never	761	34	NR	4
Females										
Usually	619	28	Occasionally	1036	46	Rarely/Never	586	26	NR	9
Total										
Usually	1226	27	Occasionally	1919	43	Rarely/Never	1347	30	NR	13

2. I regularly ride my bike, run, swim, or walk for exercise.

	#	%		#	%		#	%		
Males										
Usually	1232	55	Occasionally	687	30	Rarely/Never	331	15	NR	5
Females										
Usually	1075	48	Occasionally	879	39	Rarely/Never	288	13	NR	8
Total										
Usually	2307	51	Occasionally	1566	35	Rarely/Never	619	14	NR	13

3. I participate in a strenuous physical activity at least twice a week.

	#	%		#	%		#	%		
Males										
Usually	1458	65	Occasionally	486	21	Rarely/Never	306	14	NR	5
Females										
Usually	1041	46	Occasionally	658	29	Rarely/Never	543	24	NR	8
Total										
Usually	2499	55	Occasionally	1144	25	Rarely/Never	849	19	NR	13

4. I do some warm-up exercises before doing strenuous exercise.

	#	%		#	%		#	%		
Males										
Usually	1192	53	Occasionally	604	27	Rarely/Never	452	20	NR	7
Females										
Usually	1289	58	Occasionally	610	27	Rarely/Never	343	15	NR	8
Total										
Usually	2481	55	Occasionally	1214	27	Rarely/Never	795	18	NR	15

5. I encourage my family to participate in physical activities.

	#	%		#	%		#	%		
Males										
Usually	473	21	Occasionally	772	34	Rarely/Never	1004	45	NR	6
Females										
Usually	385	17	Occasionally	773	34	Rarely/Never	1084	48	NR	8
Total										
Usually	858	19	Occasionally	1545	34	Rarely/Never	2088	46	NR	14

6. I have enough energy to get through my daily activities and still feel good in the evening.

	#	%		#	%		#	%		
Males										
Usually	1347	60	Occasionally	633	28	Rarely/Never	269	12	NR	6
Females										
Usually	1195	53	Occasionally	803	36	Rarely/Never	243	11	NR	9
Total										
Usually	2542	56	Occasionally	1436	32	Rarely/Never	512	11	NR	15

7. I avoid riding in a car when my destination is within walking distance.

	#	%		#	%		#	%		
Males										
Usually	528	23	Occasionally	749	33	Rarely/Never	970	44	NR	8
Females										
Usually	495	22	Occasionally	851	38	Rarely/Never	896	40	NR	8
Total										
Usually	1023	23	Occasionally	1600	36	Rarely/Never	1866	41	NR	16